

West Hartford Substance Abuse Prevention Commission (SAPC)

Meeting Minutes

May 13, 2016

Attendees: Jeff Bersin, Joanna Curry-Sartori, Dave Pauluk, Joe Kalache, Dan Jordan, Cyndi Brown, Parent L, Parent B.

Welcome / Introductions / Approve Minutes / Early Departures / Announcements/Refreshments

Approve minutes- motion to approve

Send off minutes

Announcements:

- After ten years as a member and eight years as Chair, Jeff Bersin will be stepping down from the West Hartford Substance Abuse Prevention Commission. Cyndi Brown will assume the Chair for SAPC, officially starting Sept 2016.
- COC event- May 17th- True colors LGBTQ., at Conard, at 7pm.

General Discussion

WH Cares Card -

- Possibly include reprinting in next year's budget (2016-2017).
- David verified phone numbers on the card printed in 2011 and found some required updates – incorrect numbers for some organizations and some others out of business.
- **Action** - redo cards with updated info.
- **Action** - Dave will follow up with schools on all numbers for the student IDs and agenda books (for middle school) --- He will send updates to Joanna, Jeff and Cyndi
- Dan J says there still is some activity at The Underground (formerly "The Grounds").
- **Action** - Joanna to WHCN for additional contacts that should appear on the card. (*done*)
- **Action** - include Families Anonymous.org. FA- same approach as Alanon but Alanon was designed more for couples and FA is for families with kids dealing with substance abuse. They meet Thursday's at Elmwood community center.
- **Action** - Dave and Joanna will report back at next meet with updates about suggestions we get re: the card.
- **Question:** Do we distribute to all parents in town?

COC Event last night (Cyndi)

- 33 people, COC event at Hall HS
- Tim Hollister- Local parent, lost son in 2006 due to vehicle accident. Tim wrote a book called "Not So Fast". Really good evening and great questions. Five attendees came from Watkinson.
- **Action**- create "best practices" checklist on how to best promote events. Invite parents from private schools. Promote also thru Wende at CASAC. List serve helps.
- COC wants to do a year long calendar. Parents appreciate having different types of events--- getting different audiences for each event. Main event that parents ask for / concerned by is technology. Getting Northwest Catholic and St Barns on board would really help. Also attempt to not over schedule (too many events in a short period of time).
- **Action**- Joanna send out articles from parent
- **AP**- Lisa Daly meet with Joanna and Cyndi re calendar of events for parents re student wellness.

Reviewed “Inspirations and Solutions”

Discussed different inspirations and solutions that have come up in this year’s meetings to assess what is most high leverage and doable to focus on for next fall.

- Joanna described annual calendar – suggests to have wellness themes each month and coordinate our monthly calendar. Cyndi and Conard PTO will use this as their guide and invite other PTOs to join.
- Re: Applying for new grant from DMHAS (Dan): They would focus on prescription drug abuse. Start with survey re prescription drug use and show there is a need to work on it. ICR wants to do this and partner with West Hartford SAPC. This could be a sub-committee of the Commission and report back to the Commission and have reps from town. They would do a community needs assessment for abuse.
- Re gathering current statistics - WH students go through Mountain Side, Next Right Thing, High Watch, Rushford, while many send kids to Florida. Julian or Dr. Silberman could give Dan numbers.
- Focus of grant work would mainly be on prevention. They would create a coalition toward an intervention. They would do outreach events re prescription drugs. They would update the strategic plan they already have and implement over time. Lead by Example (LBE) would be tied into this. LBE can be student arm of grant and COC can have a parent voice/rep on sub-committee. This would be about supporting and enhancing commission activities.
- Interested in seeing advocacy/policy efforts. Get pharmacies and doctors in town to get the government to respond. E.g. pharmacies know who the frequent flyers are. So what if have a sub-committee-- ask docs, what could we do to better educate? Etc...
- Ideas for having a “Wake up call”
 - Chris Herrin --- He was a speaker at Northwest that we are considering for West Hartford but need funding.
 - Have an addict tell their story--- to youth and parents. E.g. one shot of opioids and you can get addicted. Compile stories and reach kids and parents where they already gather.
 - Parent B- Speaker needs to explain how this effects the brain chemically--- need to scare the kids - how it screws up your developing brain. “Scared straight.”
 - Joe- On CNN show last night, doctors talked about how prescription meds got so out of hand. Medical providers flood system with scripts, big pharm and owning how we got to where we are.
 - DJ- Previously had 200 when LBE film was shown for town hall meeting.
 - Jeff-- Everyone says "that's not my kid".
 - Parent B—It starts in junior high--- kids don’t get it. With undeveloped brain, it impacts very differently. Neural pathways are still forming and brain creates need for opioid to survive.
 - Parent L- Docs are afraid now.
 - Dan--- SAPC and COC could sponsor event together
 - Cyndi--- expand members and networking for SAPC, e.g. let’s have dentists here who prescribe meds.
 - Betty- head of athletics is retiring. Need to reach out to her replacement.

- Panel-- ER doc, substance abuse counselor, cross section of what happens, wake up call, reps from agencies that can help, show films or have addict, fireman/police, scary stats, pics. WH TV, local media, Julian, Yifrah----
- **Action** - Jeff will pass on booklet created three years ago of how to create a town hall meeting (*Done*)
- Dan—the events are great but only hit people who go to events. How else can we communicate in local media, flyers around town, etc.
- **Action** - Cyndi--- who can partner with us to fund events or printing of cards... We should talk to Tom Moore.

New Business

Adjourn

The meeting adjourned at 6:30 PM.

Respectfully submitted,

Joanna Curry-Sartori, LMFT

May 2016

